

























San Bruno/ Community Class Schedule - Summer Quarter 2014 - July 7-September 26

PRRC CLASSES At the San Bruno Out-Patient Clinic (650-615-6019)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Spiritual Support <i>by appt</i> Chaplain Jon Wright (415) 221-4810 x4505		 Veterans Community Council 9:00- 9:45AM Dan's Office Rm38 <i>Offered via V-tel</i>	 Music over Mood 9:00-9:45AM Dan/Jill/Christine <i>Offered via V-tel</i>	 Anger Management Support 9:00-10:00AM Conference RM Pre-registered Only
 Recovering your Dreams 10-10:45AM <i>Offered via V-TEL</i>	 Orientation Conference Rm <i>Offered by V-tel by appt</i>	 Wellness Music Box 10-11:00 Dan/Mahyee <i>Offered via V-tel</i>	 Art of Life 10-11:45 Richard Jill/Christine <i>Offered via -V-tel</i>	 Orientation Conference Rm <i>Offered by V-tel by appt</i>
 Vet 2 Vet 10:30 – 12:30 Conference Room <i>Offered via V-TEL</i>	 Move with Recovery 11:30-12:15PM Dan/Janet Meet in Lobby	 Community Meeting 11-11:45AM **1st Wed of the Month <i>Offered via V-Tel</i>	 Move with Mindfulness 11:30-12:30 Meet in lobby	
 Veteran's Story Corps 12:30-2:00PM Conf Rm <i>Offered via V-TEL</i>	 Veterans Advisory Council 12:15-1:00PM **2nd Tuesday of the Month**	 Al-Anon Meeting 12:00-1:00PM Conference Room	 Life Ring 12:00-1:00 Room 18	
 Reducing Isolation 2:00-3:00PM Dan Conference Room	 Rise Above Depression 1:00-2:00PM John/ Dan <i>Conf Rm via V-tel</i>		 Mindfulness 1:00-2:15 Dan Jill Christine Conf Room <i>Offered via V-tel</i>	
	 Peer Support 2:00-2:30PM John			

GRAY= other VA groups *PRRC NOT responsible for content or scheduling*

CLASSES IN THE COMMUNITY

MONDAY	WEDNESDAY	FRIDAY
		ILRC 649 Mission Street at 3rd Street, SF 3rd Floor All Veterans Welcome!
	12:00-3:00 PM Recovering Yourself Through Music, Art and Drama  Dan/Mayee Location: 150 Otis St., SF	12:00-1:00 PM Writer's Workshop at ILRC 1:00-2:00 PM Resilience in Motion (RESMO) at ILRC 
5:30 PM SAN MATEO COUNTY VETERANS ORGANIZATION 4th Monday of Every Month! American Legion San Bruno		2:30-4:00 PM Photography Class  Sixth on 7th Gallery at 105 7th Street (Mission & 7th), SF

BLUE = Other Community Locations ALL Veterans Welcome!

See specific locations for each community class.